

Professional Development and Training in Early Care and Education

# Institute for Early Learning

September – December 2012 Catalog



Registration Begins  
August 8, 2012





Department of Family Services • Office for Children

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[www.fairfaxcounty.gov/ofc](http://www.fairfaxcounty.gov/ofc)

*The Institute for Early Learning  
facilitates the professional development  
of individuals working with young  
children through responsive,  
educational training opportunities  
related to early care and learning.*

Distributed learning materials provided to participants in select IFEL courses are funded by the Child Care and Development Fund; Virginia Department of Social Services and Division of Child Care; and Early Childhood Development.



Fairfax County is committed to providing equal access to all its citizens and activities. In compliance with applicable law, reasonable accommodations will be provided upon request. Call 703-324-3044 or TTY 711.



A Fairfax County, VA  
Publication

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## Introduction

Thank you for your interest in professional development classes offered by the Office for Children's Institute for Early Learning. We look forward to providing responsive, educational training opportunities as we help you create learning experiences for children of all ages.

### Course Level

Our courses are labeled basic, intermediate, advanced, all levels or director's focus. It helps to start with basic courses if you are new to the profession.

- **Basic: Classes:** for those who are new to child care or who want to build a strong foundation in early childhood education.
- **Intermediate:** For those with some experience in child care who desire a greater understanding of young children or seek new ideas for their programs.
- **Advanced:** For those who have worked with children for many years and want to increase their knowledge of early care and learning.
- **All Levels:** Classes that provide valuable information for all learners.
- **Director's Focus:** Classes designed specifically for child care center/preschool directors and assistant directors.

### School Readiness Certificate

The School Readiness Certificate program is a series of four courses (45 hours) that helps you prepare children to enter kindergarten ready to succeed. Once you have successfully completed the four courses, you may be eligible for credit through Northern Virginia Community College.

### The Business of Family Child Care

If you are a family child care provider, the workshops on pages 21-23 can help you successfully care for children in your home. **If you would like to become a family child care provider, please call 703-324-8100.**

## Competencies for Child Care Professionals

Virginia child care experts have identified eight skill areas that are important for child care providers to master. You can increase your ability to provide quality learning experiences for young children by taking courses in all of these areas. The next page shows how each of our courses relates to these eight competency areas.

<b>Area I:</b>	Health, Safety and Nutrition
<b>Area II:</b>	Child Growth and Development
<b>Area III:</b>	Child Observation and Assessment
<b>Area IV:</b>	Partnering With Families and Community
<b>Area V:</b>	The Learning Environment
<b>Area VI:</b>	Effective Interactions and Positive Guidance
<b>Area VII:</b>	Program Management
<b>Area VIII:</b>	Teacher Qualification/Professional Development

### Virginia Star Quality Initiative

Virginia is committed to quality early learning programs and has a voluntary rating system for both classroom-based and family child care programs. The state standards are divided into four areas.

#### VSQI Performance Standards — Classroom-based

- Standard 1:** Education, Qualifications, and Training of Staff
- Standard 2:** Interactions
- Standard 3:** Structure
- Standard 4:** Environment, Instruction, and Transition Practices

#### VSQI Performance Standards — Family Child Care

- Standard 1:** Education, Qualifications, and Training of Staff
- Standard 2:** Interactions
- Standard 3:** Structure
- Standard 4:** Environment, Instruction, and Transition Practices

**Training hours are creditable toward initial CDA requirements.**

### Area I: Health, Safety and Nutrition

- Family Child Care Business Workshops

### Area II: Child Growth and Development

- Developmental Red Flags
- Finger Plays Are Not Enough: Let's Get Physical!
- Infants and Toddlers: Discover the Possibilities of Play
- Infants and Toddlers: Learning and Development
- Lively Learners: Enhancing Preschool Programs
- Motor Milestones: Understanding Children's Growth
- Nurturing Individual Learning Styles

### Area III: Child Observation and Assessment

- School Readiness Certificate Courses

### Area IV: Partnering with Families and Community

- Director's Focus: Paving the Way to Kindergarten

### Area V: The Learning Environment

- Art for Infants and Toddlers
- Art for Preschoolers
- Count Me In: Math and Young Children
- Environmental Print
- Exploring Conversations With Children
- Infants and Toddlers: Early Math
- Infants and Toddlers: Explore the Wonder of Nature
- Movement Activities for Preschoolers
- Outdoor Play Every Day
- Rhymes, Rhymes, Nursery Rhymes
- School Age: Mathematical Beads
- School Age: Games, Games, Games
- Storytelling
- Wolf Trap – And the Beat Goes On: Keeping the Beat with Infants and Toddlers
- Wolf Trap – Artful Engineering: Exploring Simple Machines through Drama, Movement and Music
- Yoga for Children

### Area VI: Effective Interactions and Positive Guidance

- Fostering Play Skills
- More than Happy, Sad and Mad: Supporting Emotional Development
- Recognizing and Managing Stress in Young Children
- Positive Guidance: Preventing Discipline Problems
- Positive Guidance: Reframing Discipline

### Area VII: Program Management

- Director's Focus: Promoting Quality Infant and Toddler Care
- Director's Focus: Reflective Supervision
- Family Child Care Business Workshops

### Area VIII: Teacher Qualification/Professional Development

- Introduction to the Child Development Associate Credential
- Family Child Care Business Workshops

### Cursos en Español

- Incluyendo a niños con necesidades especiales
- Desarrollo multilingüe en niños

### Family Child Care Business Workshops

- Child Abuse and Neglect Recognition and Response
- Child Nutrition
- Emergency Preparedness
- Growing Your Child Care Business
- Growing Your Child Care Business: The Next Step
- Power Up with Fruits and Vegetables
- Record Keeping Management
- SIDS and Shaken Baby Syndrome
- The ABCs of Second Hand Smoke
- USDA Child and Adult Care Food Program Orientation

### School Readiness Certificate Courses

- Understanding the Role of the "Early Learning Guidelines" in Assuring School Readiness
- Planning Early Learning Environments and Daily Routines

## General Information

### To Enroll

Enrollment is available to professionals working in a legally operating child care center, preschool, or family child care home in Fairfax County, and to early childhood professionals living in Fairfax County.

- If you are a family child care provider, you may enroll in **two** Institute courses or workshops (see pages 6 –17) **and two** family child care business workshops (see pages 21–23).
- If you work in a center or preschool, you may enroll in **two** Institute courses (see pages 6–17). A limit of **five** staff from the same center or preschool may enroll in the same course or workshop.
- You must be **enrolled** in a course or workshop to attend. On-site enrollment is not available. If you are not enrolled or are on a waiting list, you will be unable to participate.

### To Cancel

If you are unable to attend a course or workshop, please cancel your enrollment at least 24 hours in advance. Call the training line: **703-324-3044** or email **dfsifel@fairfaxcounty.gov**.

### Inclement Weather Policy

If you have a question about a weather-related cancellation, you may call the training line at 703-324-3044. You will hear an announcement if training has been cancelled.

**If Fairfax County Government is closed or closes early, training classes are cancelled.**

**If Fairfax County Public Schools:**

- Are closed: there will be no training that day or that evening.
- Open late: there will be no morning training, but afternoon and evening training will continue as scheduled.
- Close early: there will be no afternoon or evening training.
- Cancel evening activities: there will be no evening training.
- Are closed on Friday: please call the training line at 703-324-3044 to find out if your Saturday training has been cancelled. You will hear an announcement if training has been cancelled.

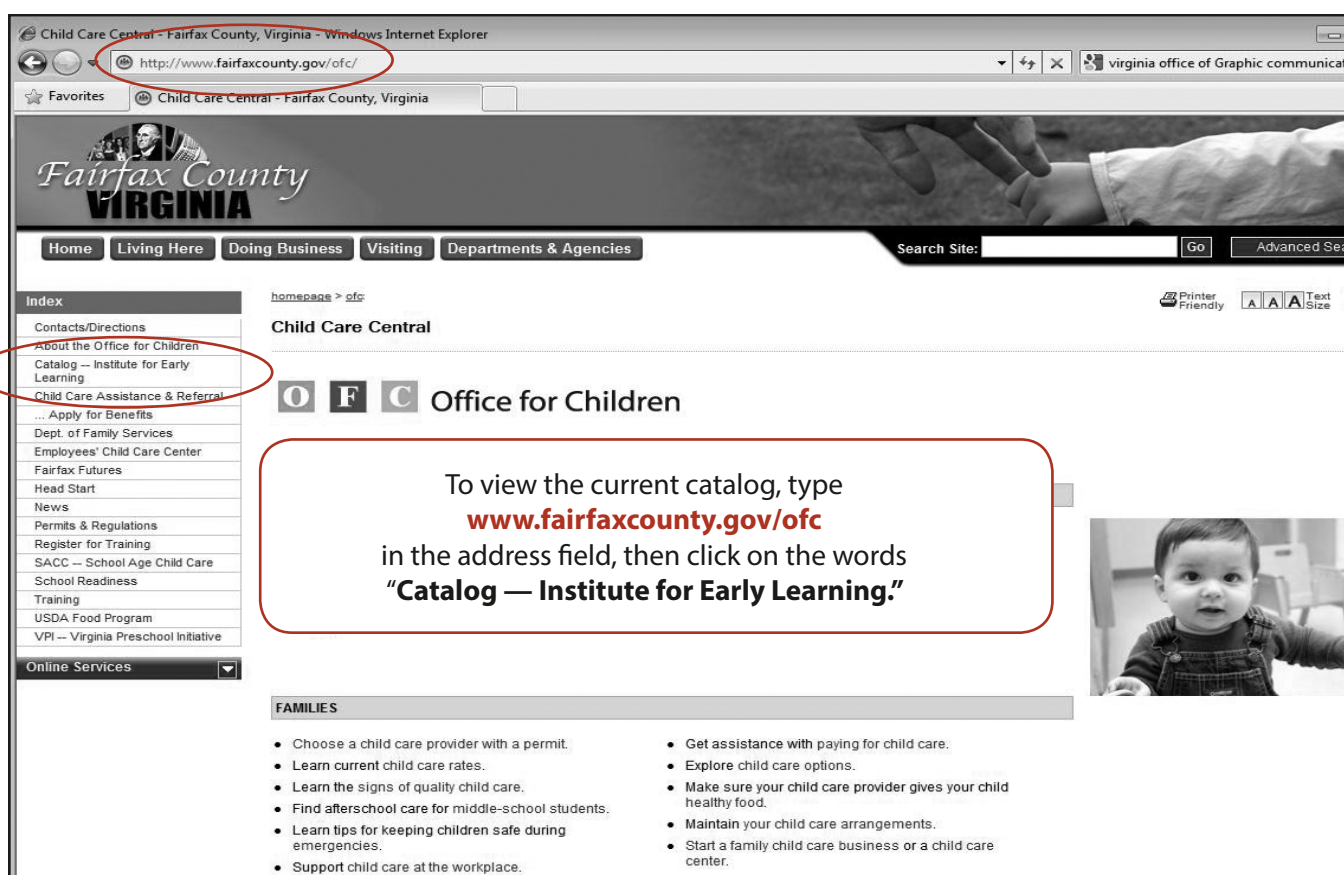
### Additional Information

- To receive a **certificate of completion for a workshop**, you must attend the entire workshop.
- To receive a **certificate of completion for courses** with multiple sessions, you must attend all course sessions.
- To receive a **letter of participation** for courses with multiple sessions, you must attend more than half the course sessions.
- Training is offered at different locations throughout Fairfax County. Please be sure to check the dates, times and locations of courses before completing the registration form.
- **Training is for adults only; we cannot accommodate children in any of the courses or workshops.**

## VIEW THE CATALOG ONLINE

For more information about child care training or to read this catalog online, visit the Fairfax County Office for Children website at [www.fairfaxcounty.gov/ofc](http://www.fairfaxcounty.gov/ofc).

## Now You Can View the Catalog Online Before Registration Begins!



You can view the catalog online by the first week of December, May and August.

**Registration for Fall 2012 classes begins Wednesday, August 8, 2012.**



## Course List by Date

### Rhymes, Rhymes, Nursery Rhymes

Course: 4 hours

Course Level: All Levels

Nursery rhymes provide a rich language experience for young children. Review popular nursery rhymes and learn new ones that are sure to become favorites.

**Thursdays, September 6, 13**

**Course #: 1393-01**

**1 – 3 p.m.**

Resource Center at Main Street, Room 211

10201 Main Street, Fairfax 22030

Presenter: Bronwyn Dean

CDA Content Area: 2 | VA Competency Area: V | VSQI Standards: 1, 4

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### Positive Guidance: Reframing Discipline

Course: 6 hours

Course Level: Intermediate

Explore your approach to discipline to help discover new methods of guidance. Learn how to identify and change patterns of ineffective discipline. Understand your reaction to situations so that you can learn how to build strong relationships with children and turn conflicts into teaching opportunities.

**Mondays, September 10, 17, 24**

**Course #: 1303-01**

**7 – 9 p.m.**

Resource Center at Main Street, Room 211

10201 Main Street, Fairfax 22030

Presenter: Maria Gallagher

CDA Content Area: 3 | VA Competency Area: VI | VSQI Standards: 1, 2

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### Movement Activities for Preschoolers

Course: 6 hours

Course Level: All Levels

Encourage children to use their bodies through games and activities. Come ready to learn new movement activities to use with the children in your care. Dress comfortably as you will be moving around the room and on the floor for activities.

**Mondays, September 10, 17, 24**

**Course #: 1324-01**

**7 – 9 p.m.**

Resource Center at Main Street, Room 202

10201 Main Street, Fairfax 22030

Presenter: Bronwyn Dean

CDA Content Area: 2 | VA Competency Area: V | VSQI Standards: 1, 4

### NEW! Director's Focus: Paving the Way to Kindergarten

Course: 9 hours

Course Level: Directors Only

Explore strategies for laying a foundation for school readiness and helping children and families make a successful transition from preschool to kindergarten. Discuss ways to support parents in the important role they have in paving their child's way to kindergarten. Discover what it is like for a young child on his or her first day of kindergarten and learn ways to help children make a seamless and successful transition. **This course is for center directors only.**

**Tuesdays, September 11, 18, 25**

**Course #: 1445-01**

**9 a.m. – noon**

Resource Center at Main Street, Room 213

10201 Main Street, Fairfax 22030

Presenter: Carol Osborn

CDA Content Areas: 2, 3, 4, 5 | VA Competency Area: VII

VSQI Standard: 1

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### Introduction to the Child Development Associate Credential

Course: 4 hours

Course Level: Intermediate

The Council for Early Childhood Professional Recognition awards the CDA credential to child care professionals who meet training and experience requirements. Learn strategies for successfully earning this credential which helps show parents your commitment to quality care.

**Tuesdays, September 11, 18**

**Course #: 1060-01**

**1 – 3 p.m.**

Resource Center at Main Street, Room 211

10201 Main Street, Fairfax, 22030

Presenter: Marshann Snyder

CDA Content Area: 6 | VA Competency Area: VIII | VSQI Standard: 1

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### NEW! Fostering Play Skills

Course: 6 hours

Course Level: Advanced

Playing well with others is a skill that many children develop naturally; however, some children need support and guidance to learn how to enter and sustain positive play relationships. Learn how to observe play situations and identify children who might need assistance. Develop strategies to help children who are ignored or rejected by others.

**Wednesdays, September 12, 19, 26**

**Course #: 1444-01**

**7 – 9 p.m.**

Resource Center at Main Street, Room 211

10201 Main Street, Fairfax 22030

Presenter: Karen Quist

CDA Content Areas: 3, 8 | VA Competency Area: VI

VSQI Standards: 1, 2



### More than Happy, Sad and Mad: Supporting Emotional Development

Course: 4 hours

Course Level: All Levels

Explore ways to help preschool children begin to identify their own and others' feelings. Learn strategies to help children understand and communicate their feelings and develop empathy. Discover how to use books and classroom activities to support children's emotional expression.

**Thursdays, September 13, 20**  
**7 – 9 p.m.**

**Course #: 1400-01**

Resource Center at Main Street, Room 213  
10201 Main Street, Fairfax 22030  
Presenter: Lora Fader Dunne

CDA Content Areas: 3, 8 | VA Competency Area: VI  
VSQI Standards: 1, 2

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### Lively Learners: Enhancing Preschool Programs

Workshop: 3 hours

Course Level: All Levels

Preschool children are active learners. Discover ways to support developmental and learning needs throughout the day by guiding the learning process. Gain an understanding of the way sensory integration impacts children's development and interactions with peers and adults.

**Saturday, September 22**  
**9:30 a.m. – 12:30 p.m.**

**Course #: 1403-01**

Resource Center at Main Street, Room 211  
10201 Main Street, Fairfax 22030  
Presenter: Lora Fader Dunne

CDA Content Areas: 2, 3, 8 | VA Competency Area: II  
VSQI Standards: 1, 2, 4

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### NEW! Yoga for Children

Workshop: 3 hours

Course Level: All Levels

Learn how to introduce yoga activities to young children in a fun and playful way. Dress comfortably as you will be moving around the room and on the floor for activities.

**Saturday, September 22**  
**9:30 a.m. – 12:30 p.m.**

**Course #: 1446-01**

Resource Center at Main Street, Room 202  
10201 Main Street, Fairfax, 22030  
Presenter: Bronwyn Dean

CDA Content Area: 2 | VA Competency Area: V | VSQI Standards: 1, 4



## Course List by Date

### NEW! School Age: Games, Games, Games

Workshop: 2 hours

Course Level: All Levels

Discover how children learn and grow through playing games. Explore a wide variety of old and new games and learn some of the history behind those games. Come prepared to play!

**Tuesday, September 25**

**Course #: 1427-01**

**7 – 9 p.m.**

Resource Center at Main Street, Room 213

10201 Main Street, Fairfax 22030

Presenters: Steve Snyder, Kathy Uhrich

CDA Content Area: 2 | VA Competency Area: V | VSQI Standards: 1, 4

### Art for Preschoolers

Course: 10 hours

Course Level: All Levels

Learn how to create a supportive atmosphere for young children to explore art. Identify and use strategies that encourage children to engage in various process-oriented art experiences using different types of materials. Be prepared to work with messy materials.

**Mondays, October 1, 15, 22, 29; November 5**

**Course #: 1256-02**

**7 – 9 p.m.**

Resource Center at Main Street, Room 208

10201 Main Street, Fairfax, 22030

Presenter: Bronwyn Dean

CDA Content Area: 2 | VA Competency Area: V | VSQI Standards: 1, 4

### Introduction to the Child Development Associate Credential

Course: 4 hours

Course Level: Intermediate

The Council for Early Childhood Professional Recognition awards the CDA credential to child care professionals who meet training and experience requirements. Learn strategies for successfully earning this credential which helps show parents your commitment to quality care.

**Tuesdays, September 25; October 9**

**Course #: 1060-02**

**7 – 9 p.m.**

Resource Center at Main Street, Room 211

10201 Main Street, Fairfax, 22030

Presenter: Marshann Snyder

CDA Content Area: 6 | VA Competency Area: VIII | VSQI Standard: 1

### NEW! School Age: Mathematical Beads

Workshop: 2 hours

Course Level: All Levels

Encourage children's creative and mathematical abilities using beaded jewelry. Learn to create patterns using different sizes and colors of beads. Discover the concepts of basic color theory using primary, secondary and complementary colors.

**Wednesday, October 3**

**Course #: 1454-01**

**7 – 9 p.m.**

McNair Elementary School-SACC Room

2499 Thomas Jefferson Drive, Herndon 20171

Presenter: Michelle Taylor

CDA Content Area: 2 | VA Competency Area: V | VSQI Standards: 1, 4

### Art for Preschoolers

Course: 10 hours

Course Level: All Levels

Learn how to create a supportive atmosphere for young children to explore art. Identify and use strategies that encourage children to engage in various process-oriented art experiences using different types of materials. Be prepared to work with messy materials.

**Thursdays, September 27;**

**Course #: 1256-01**

**October 4, 11, 18, 25**

**1 – 3 p.m.**

Resource Center at Main Street, Room 208

10201 Main Street, Fairfax, 22030

Presenter: Bronwyn Dean

CDA Content Area: 2 | VA Competency Area: V | VSQI Standards: 1, 4

### NEW! Infants and Toddlers: Discover the Possibilities of Play

Workshop: 2 hours

Course Level: All Levels

Play affects the healthy growth and development of infants and toddlers. Learn to identify the types and stages of play. Explore how infants and toddlers learn about themselves and the world around them through play experiences. Sponsored by the Virginia Infant & Toddler Specialist Network.

**Thursday, October 4**

**Course #: 1447-01**

**9 – 11 a.m.**

Pennino Building, Room 734

12011 Government Center Parkway, Fairfax 22030

Presenter: Debbie Weigand

CDA Content Areas: 2, 3 | VA Competency Area: II  
VSQI Standards: 1, 4

## NEW! Fostering Play Skills

Course: 6 hours

Course Level: Advanced

Playing well with others is a skill that many children develop naturally; however, some children need support and guidance to learn how to enter and sustain positive play relationships. Learn how to observe play situations and identify children who might need assistance. Develop strategies to help children who are ignored or rejected by others.

**Wednesdays, October 10, 17, 24**  
**7 – 9 p.m.**

**Course #: 1444-02**

Resource Center at Main Street, Room 211  
10201 Main Street, Fairfax 22030  
Presenter: Karen Quist

CDA Content Areas: 3, 8 | VA Competency Area: VI  
VSQI Standards: 1, 2, 4

## Nurturing Individual Learning Styles

Course: 4 hours

Course Level: Intermediate

Discover ways to support children's various learning and developmental needs throughout the day. Explore techniques to help children who have challenges with typical activities and routines.

**Wednesdays, October 10, 17**  
**7 – 9 p.m.**

**Course #: 1414-01**

Resource Center at Main Street, Room 213  
10201 Main Street, Fairfax 22030  
Presenters: Lora Fader Dunne, Kim Perks

CDA Content Areas: 2, 3, 8 | VA Competency Area: II  
VSQI Standards: 1, 2, 4

## Positive Guidance: Preventing Discipline Problems

Course: 6 hours

Course Level: Intermediate

Smooth-running programs require intentional planning to minimize discipline problems. Understanding ways to develop and adjust your prevention strategies to help children respond in positive ways is a primary step to a successful environment. Learn techniques to improve cooperation and to develop peaceful conflict resolution with children.

**Mondays, October 15, 22, 29**  
**7 – 9 p.m.**

**Course #: 1305-01**

Resource Center at Main Street, Room 211  
10201 Main Street, Fairfax 22030  
Presenter: Maria Gallagher

CDA Content Area: 3 | VA Competency Area: VI  
VSQI Standards: 1, 2, 4

## NEW! Infants and Toddlers: Explore the Wonder of Nature

Workshop: 2 hours

Course Level: All Levels

Nature is all around us and an important part of our world. Discover how exploring nature with infants and toddlers can enhance their development. Learn how to be an active teacher in providing young children with multiple learning experiences related to nature. Sponsored by the Virginia Infant & Toddler Specialist Network.

**Wednesday, October 17**  
**9 – 11 a.m.**

**Course #: 1448-01**

Pennino Building, Room 734  
12011 Government Center Parkway, Fairfax, 22035  
Presenter: Debbie Weigand

CDA Content Area: 2 | VA Competency Area: V  
VSQI Standards: 1, 4

## NEW! School Age: Games, Games, Games

Workshop: 2 hours

Course Level: All Levels

Discover how children learn and grow through playing games. Explore a wide variety of old and new games and learn some of the history behind those games. Come prepared to play!

**Tuesday, October 23**  
**7 – 9 p.m.**

**Course #: 1427-02**

Resource Center at Main Street, Room 213  
10201 Main Street, Fairfax 22030  
Presenters: Steve Snyder, Kathy Uhrich

CDA Content Area: 2 | VA Competency Area: V  
VSQI Standards: 1, 4

## Environmental Print

Course: 4 hours

Course Level: All Levels

Store signs, food packaging and road signs are natural sources of reading material for children. Explore opportunities for creating environments in child care settings that promote children's language and literacy skills.

**Tuesdays, October 23, 30**  
**7 – 9 p.m.**

**Course #: 1442-01**

Resource Center at Main Street, Room 211  
10201 Main Street, Fairfax, 22030  
Presenter: Marshann Snyder

CDA Content Area: 2 | VA Competency Area: V  
VSQI Standards: 1, 4

## Course List by Date

### Storytelling

Workshop: 3 hours

Course Level: All Levels

Sharing stories sparks children's imaginations, builds literacy skills, increases vocabulary and encourages listening opportunities. Practice simple techniques such as using picture prompts, puppetry, storytelling cubes and personal experiences to create fun and engaging stories with children.

**Saturday, October 27**  
**9:30 a.m. – 12:30 p.m.**

**Course #: 1320-01**

Resource Center at Main Street, Room 211  
10201 Main Street, Fairfax 22030  
Presenter: Maria Gallagher

CDA Content Area: 2 | VA Competency Area: V  
VSQI Standards: 1, 2, 4

### Art for Infants and Toddlers

Workshop: 3 hours

Course Level: All Levels

Experience the visual arts from the perspective of infants and toddlers. Explore the many ways young children can express themselves through art and learn how art enhances a child's early brain development. Be prepared to work with messy materials.

**Saturday, October 27**  
**9:30 a.m. – 12:30 p.m.**

**Course #: 1237-01**

Resource Center at Main Street, Room 208  
10201 Main Street, Fairfax 22030  
Presenter: Bronwyn Dean

CDA Content Area: 2 | VA Competency Area: V | VSQI Standards: 1, 4

### Director's Focus: Promoting Quality Infant and Toddler Care

Workshop: 3 hours

Course Level: Directors Only

There are many key areas that impact the learning and development of infants and toddlers in group care. Discover how space and furnishings, ratios and group size, the training and professionalism of staff, and health and safety practices support quality programs. Sponsored by the Virginia Infant & Toddler Specialist Network.

This workshop is only for directors of child care centers and preschools that serve infants and toddlers.

**Thursday, November 1**  
**9 a.m. – noon**

**Course #: 1411-01**

Pennino Building, Room 907  
12011 Government Center Parkway, Fairfax 22035  
Presenter: Debbie Weigand

CDA Content Areas: 1, 5, 6 | VA Competency Area: VII  
VSQI Standards: 1, 4

### Movement Activities for Preschoolers

Course: 4 hours

Course Level: All Levels

Encourage children to use their bodies through games and activities. Come ready to learn new movement activities to use with the children in your care. Dress comfortably as you will be moving around the room and on the floor for activities.

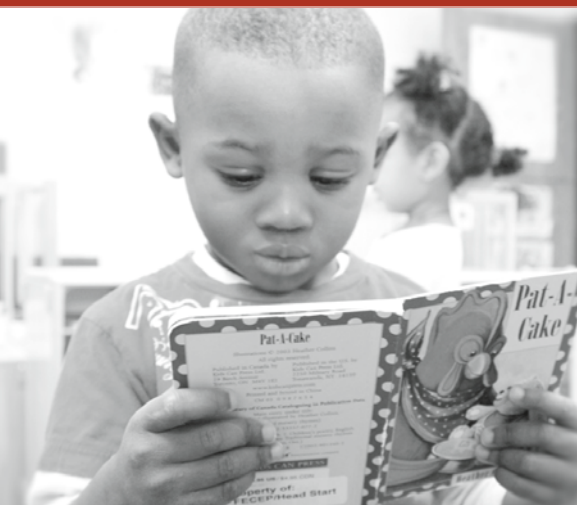
**Note: Two additional hours of credit will be available upon successful completion of Knowledge Integration (homework) activity.**

**Wednesdays, November 7, 14**  
**7 – 9 p.m.**

**Course #: 1324-02**

Gum Springs Glen, Training Room  
7839 Richmond Highway, Alexandria 22306  
Presenter: Bronwyn Dean

CDA Content Area: 2 | VA Competency Area: V | VSQI Standards: 1, 4



## Using the Library Can Help Your Child Care Program

- Borrow children's books in a variety of languages.
- Read books about early childhood education.
- Take children to free library programs.

New expanded library hours begin Sept. 8.  
Check the library website for hours of operations  
and programs supporting early literacy.

[www.fairfaxcounty.gov/library](http://www.fairfaxcounty.gov/library)





## Exploring Conversations with Children

Course: 4 hours

Course Level: Advanced

Engaging children in conversations promotes emotional well-being, builds vocabulary, and enhances language skills. Learn to use open-ended questions and other techniques to extend learning opportunities throughout the day.

**Thursdays, November 1, 8  
7 – 9 p.m.**

**Course #: 1412-01**

Resource Center at Main Street, Room 213  
10201 Main Street, Fairfax 22030  
Presenter: Andrea Sobel

CDA Content Areas: 2, 3 | VA Competency Area: V  
VSQI Standards: 1, 2

## Count Me In: Math and Young Children

Course: 8 hours

Course Level: Intermediate

Children are natural mathematicians. They routinely explore ideas about numbers, shapes, spatial relationships and patterns in natural, playful ways. Learn to make the most of children's natural math skills through games, stories and hands-on experiences.

**Mondays, November 5, 26; December 3, 10  
7 – 9 p.m.**

**Course #: 1021-01**

Resource Center at Main Street, Room 211  
10201 Main Street, Fairfax 22030  
Presenter: Maria Gallagher

CDA Content Area: 2 | VA Competency Area: V | VSQI Standards: 1, 4

## NEW! Yoga for Children

Workshop: 3 hours

Course Level: All Levels

Learn how to introduce yoga activities to young children in a fun and playful way. Dress comfortably as you will be moving around the room and on the floor for activities.

**Saturday, November 3  
9:30 a.m. – 12:30 p.m.**

**Course #: 1446-02**

Gum Springs Glen, Training Room  
7839 Richmond Highway, Alexandria 22306  
Presenter: Bronwyn Dean

CDA Content Area: 2 | VA Competency Area: V | VSQI Standards: 1, 4

## Developmental Red Flags

Course: 8 hours

Course Level: All Levels

Examine the typical developmental milestones of children ages 2 to 5 in the areas of language, fine motor, gross motor and social-emotional development. Learn to identify "red flags" and practice documenting observations. Discuss how to talk to parents about concerns and explore the role of resource agencies such as Child Find.

**Tuesdays, November 6, 13, 27; December 4  
7 – 9 p.m.**

**Course #: 1202-01**

Resource Center at Main Street, Room 213  
10201 Main Street, Fairfax 22030  
Presenter: Colleen Small

CDA Content Area: 8 | VA Competency Area: II | VSQI Standards: 1, 4





## Course List by Date

### Infants and Toddlers: Learning and Development

Course: 8 hours

Course Level: All Levels

Infants are learning from the moment of birth. Explore various ways to respond to individual temperaments, learning styles and needs. Discover how to care for children in ways that are individually and culturally respectful.

**Tuesdays, November 6, 27; December 4, 11  
7 – 9 p.m.**

**Course #: 1222-01**

Resource Center at Main Street, Room 211  
10201 Main Street, Fairfax, 22030  
Presenter: Marshann Snyder

CDA Content Areas: 2, 3, 8 | VA Competency Area: II  
VSQI Standards: 1, 4

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### Infants and Toddlers: Early Math

Workshop: 3 hours

Course Level: All Levels

Awareness of mathematical principles begins during infancy and occurs very naturally through play. Learn easy ways to incorporate math into daily routines for very young children. Sponsored by the Virginia Infant & Toddler Specialist Network.

**Wednesday, November 14  
9 a.m. – noon**

**Course #: 1435-01**

Pennino Building, Room 734  
12011 Government Center Parkway, Fairfax 22030  
Presenter: Debbie Weigand

CDA Content Area: 2 | VA Competency Area: V | VSQI Standards: 1, 4

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### Storytelling

Workshop: 3 hours

Course Level: All Levels

Sharing stories sparks children's imagination, builds literacy skills, increases vocabulary and encourages listening opportunities. Practice simple techniques such as using picture prompts, puppetry, storytelling cubes, and personal experiences to create fun and engaging stories with children.

**Saturday, November 17  
9:30 a.m. – 12:30 p.m.**

**Course #: 1320-02**

Gum Springs Glen, Training Room  
7839 Richmond Highway, Alexandria 22306  
Presenter: Maria Gallagher

CDA Content Area: 2 | VA Competency Area: V  
VSQI Standards: 1, 2, 4

## NEW! Finger Plays Are Not Enough: Let's Get Physical!

Workshop: 6 hours

Course Level: All Levels

Young children use their bodies to learn and they benefit from physically active play opportunities. Discover the positive effects of active, physical play for children. Learn how to use music, drama and other interactive experiences to create opportunities for children to engage in physical play using their emerging skills and abilities.

**Note: There will be workshops offered in Spanish and English.**

**Nota: Se ofrecerán talleres tanto en español como en inglés.**

**Saturday, December 1**

**Course #: 1453-01**

**8:30 a.m. – 3:30 p.m.**

Fairfax County Government Center  
12000 Government Center Parkway, Fairfax 22035  
Presenters: IFEL Staff

CDA Content Areas: 2, 3 | VA Competency Area: II  
VSQI Standards: 1, 4

## Director's Focus: Reflective Supervision

Course: 4 hours

Course Level: Directors Only

Explore strategies to support the professional growth of teachers and educational staff. Learn how to use the Classroom Assessment Scoring System as a lens for promoting positive interactions and advanced learning opportunities for those working in your program. **This course is for center directors only.**

**Mondays, December 3, 10**

**Course #: 1402-01**

**7 – 9 p.m.**

Resource Center at Main Street, Room 213  
10201 Main Street, Fairfax 22030  
Presenter: Andrea Sobel

CDA Content Area: 6 | VA Competency Area: VII | VSQI Standards: 1

## More than Happy, Sad and Mad: Supporting Emotional Development

Course: 4 hours

Course Level: All Levels

Explore ways to help preschool children begin to identify their own and others' feelings. Learn strategies to help children understand and communicate their feelings and develop empathy. Discover how to use books and classroom activities to support children's emotional expression.

**Wednesdays, December 5, 12**

**Course #: 1400-02**

**7 – 9 p.m.**

Resource Center at Main Street, Room 213  
10201 Main Street, Fairfax 22030  
Presenter: Lora Fader Dunne

CDA Content Areas: 3, 8 | VA Competency Area: VI  
VSQI Standards: 1, 2

## Motor Milestones: Understanding Children's Growth

Course: 4 hours

Course Level: All Levels

Learn about important fine and gross motor milestones typical to children's growth and development. Discover new ideas for activities that enhance children's fine and gross motor skills in fun and enjoyable ways.

**Thursdays, December 6, 13**

**Course #: 1401-01**

**7 – 9 p.m.**

Resource Center at Main Street, Room 213  
10201 Main Street, Fairfax 22030  
Presenter: Kim Perks

CDA Content Areas: 2, 8 | VA Competency Area: II  
VSQI Standards: 1, 4

## Recognizing and Managing Stress in Young Children

Course: 4 hours

Course Level: All Levels

Stress is an unavoidable part of life, even for very young children. Learn the major causes of stress in young children, the factors that impact how children react to stress, and strategies for helping children develop effective coping skills.

**Monday and Wednesday**

**Course #: 1443-01**

**December 17, 19**

**7 – 9 p.m.**

Resource Center at Main Street, Room 211  
10201 Main Street, Fairfax 22030  
Presenter: Maria Gallagher

CDA Content Areas: 2, 3 | VA Competency Area: VI  
VSQI Standards: 1, 4

## NEW! Outdoor Play Every Day

Workshop: 3 hours

Course Level: All Levels

Play is the work of children, and getting the chance to play outdoors provides a solid foundation for short and long term physical and mental health. Learn ways to incorporate outdoor play into children's every day activities. Discover ways to bring nature into your child care setting to extend the experience.

**Tuesday, December 18**

**Course #: 1449-01**

**12:30 – 3:30 p.m.**

Hidden Oaks Nature Center  
7701 Royce Street, Annandale 22003  
Presenter: Suzanne Holland

CDA Content Areas: 2, 3 | VA Competency Area: V  
VSQI Standards: 1, 4





The Wolf Trap Institute for Early Learning Through the Arts provides innovative arts-based teaching strategies and services to early childhood teachers, caregivers,

parents and their young children through drama, music and movement.

The Fairfax County Office for Children is pleased to offer workshops in partnership with Wolf Trap.

## NEW! And the Beat Goes On: Keeping the Beat with Infants and Toddlers

Workshop: 3 hours

Course Level: All Levels

Explore the beat of music which is the most basic of musical elements. Learn about the importance of steady beat and discover how to design and lead music-based experiences for infants and toddlers.

**Saturday, October 20**  
**10 a.m. – 1 p.m.**

**Course #: 1451-01**

Center for Education at Wolf Trap  
1635 Trap Road, Vienna 22182  
Presenter: Cynthia Elek

CDA Content Areas: 2, 3 | VA Competency Area: V  
VSQI Standards: 1, 4

## NEW! Artful Engineering: Exploring Simple Machines through Drama, Movement and Music

Workshop: 4.5 hours

Course Level: All Levels

Discover how creative problem solving is part of arts-based learning. Explore wheels, axles, levers, inclined planes and pulleys. Learn how to enhance young children's creative thinking and sense of wonder.

This workshop will be held in the Musician's Lounge under the Filene Center stage. As part of this workshop, there will be a very special backstage tour of the Filene Center to see pulleys and levers in action.

**Saturday, November 17**  
**10 a.m. – 2:30 p.m.**

**Course #: 1452-01**

Wolf Trap – The Filene Center  
1645 Trap Road, Vienna 22182  
Presenter: Jeanne Wall

CDA Content Areas: 2, 3 | VA Competency Area: II  
VSQI Standards: 1, 4

## Directions to the Center for Education at Wolf Trap

**From the Capital Beltway (495)**, take exit 45 to Route 267 West (Dulles Toll Road). Follow signs to local exits, pay the toll and exit at the Wolf Trap ramp. Make a U-turn at the Filene Center, drive ¼ mile. The Center for Education will be on your left.

**From Interstate 66 west-bound**, take exit 67 to Route 267 (Dulles Toll Road). Follow signs for local exits, pay the toll and exit at the Wolf Trap ramp. Make a U-turn at the Filene Center, drive ¼ mile. The Center for Education will be on your left.

**From Interstate 66 east-bound**, take the Capital Beltway (495) North to exit 45 onto Route 267 (Dulles Toll Road). Follow signs to local exits, pay the toll and exit at the Wolf Trap ramp. Make a U-turn at the Filene Center, drive ¼ mile. The Center for Education will be on your left.

**From Route 7 west-bound**, turn left on Towlston Road, drive 1¼ miles. The Center for Education is on the left.

**From Route 267 east-bound**, take exit 16 onto Route 7 West. Proceed 1½ miles and turn left on Towlston Road. Drive 1¼ miles. The Center for Education will be on your left.

For information on how to reach this location using public transportation, visit [www.fairfaxconnector.com](http://www.fairfaxconnector.com) 703-339-7200; TTY 703-339-1608 or [www.wmata.com](http://www.wmata.com); 202-637-7000; TTY 202-638-3780.



### Incluyendo a niños con necesidades especiales

Taller: 4 horas

Nivel de Curso: Todos los Niveles

Los niños se benefician jugando, aprendiendo y trabajando con niños que tienen habilidades diversas. Explore las maneras en que los niños pequeños difieren en su desarrollo, incluyendo a aquéllos que tienen discapacidades. Utilizamos ejemplos de la vida real, discutimos maneras prácticas y positivas para incluir con éxito a los niños con necesidades especiales en su programa.

Tendremos un descanso de media hora para almorzar. Por favor traiga su almuerzo y una bebida.

**Sábado, 20 de octubre**

**Curso #: 1437-11**

**9:30 a.m. – 2 p.m.**

Gum Springs Glen, Sala de Entrenamiento  
7839 Richmond Highway, Alexandria 22306  
Presentadora: Annice van der Sluis

Áreas Temáticas de CDA: 2, 3, 4 | VA Competency Area: II  
VSQI Standards: 1, 4

### ¡Nuevo! Desarrollo multilingüe en niños

Taller: 4 horas

Nivel del Curso: Todos los Niveles

Revisar el desarrollo del lenguaje en niños que están aprendiendo más de un idioma. Discutir las maneras de apoyar la comunicación mediante la revisión de estudios de casos y compartiendo experiencias personales.

Tendremos un descanso de media hora para almorzar. Por favor traiga su almuerzo y una bebida.

**Sábado, 15 de diciembre**

**Curso #: 1450-11**

**9:30 a.m. – 2 p.m.**

Gum Springs Glen, Sala de Entrenamiento  
7839 Richmond Highway, Alexandria 22306  
Presentadora: Annice van der Sluis

Áreas Temáticas de CDA: 3, 8 | VA Competency Area: II  
VSQI Standards: 1, 2, 4



# SCHOOL READINESS CERTIFICATE

There are four courses in the School Readiness Certificate program. This 45-hour program will prepare you with the knowledge and skills needed to help children enter kindergarten ready to succeed. To receive a School Readiness Certificate, you will be required to attend all sessions in all four courses.

To earn a School Readiness Certificate, the four courses must be completed in the following order:

- Course 1:** Understanding the Role of the “Early Learning Guidelines” in Assuring School Readiness
- Course 2:** Planning Early Learning Environments and Daily Routines
- Course 3:** Exploring Curriculum and Building Quality Portfolios
- Course 4:** Helping Children and Families Make Terrific Transitions

**School Readiness Certificate courses are offered as follows:**

**Fall Catalog — Courses 1 and 2**  
(September through December)

**Winter/Spring Catalog — Courses 3 and 4**  
(January through May)

Please call 703-324-3044 if you have questions about enrolling in the School Readiness Certificate Program.

Participants who complete all four School Readiness Certificate courses may be eligible to receive college credits from the Northern Virginia Community College. Ask your course instructor for more information.



## Gum Springs Glen - South County location

### Course 1:

#### Understanding the Role of the “Early Learning Guidelines” in Assuring School Readiness

Course: 13 hours

Course Level: Advanced

Discover how to use the “Early Learning Guidelines” to plan a developmentally appropriate curriculum that helps young children enter kindergarten ready to succeed. Learn how to observe children and record their developmental progress.

**Thursdays, September 6, 13, 20 and  
October 4, 11, 18  
7 – 9 p.m.**

**Course #: 1208-01**

Gum Springs Glen, Training Room  
7839 Richmond Highway, Alexandria 22306  
Presenter: Maria Gallagher

CDA Content Areas: 2, 3, 6, 7, 8 | VA Competency Area: I, II, III, IV, V  
VSQI Standards: 1, 2, 3, 4

### Course 2:

#### Planning Early Learning Environments and Daily Routines

Course: 12 hours

Course Level: Advanced

Examine quality environments and daily routines, while learning how environments and routines contribute to school readiness. Visit a Fairfax County Public School kindergarten classroom and talk with a kindergarten teacher to learn about public school expectations.

**You must have taken Course 1 before you can take this course.**

**Thursdays, November 1, 8, 15, 29 and  
December 6, 13  
7 – 9 p.m.**

**Course #: 1220-01**

Gum Springs Glen, Training Room  
7839 Richmond Highway, Alexandria 22306  
Presenter: Maria Gallagher

CDA Content Areas: 1, 2, 3, 5, 8 | VA Competency Area: III, IV, V, VI, VIII  
VSQI Standards: 1, 2, 3, 4

## Main Street - Fairfax City location

### Course 1:

#### Understanding the Role of the “Early Learning Guidelines” in Assuring School Readiness

Course: 13 hours

Course Level: Advanced

Discover how to use the “Early Learning Guidelines” to plan a developmentally appropriate curriculum that helps young children enter kindergarten ready to succeed. Learn how to observe children and record their developmental progress.

**Thursdays, September 6, 13, 20, 27 and  
October 11, 18  
7 – 9 p.m.**

**Course #: 1208-02**

Resource Center at Main Street, Room 211  
10201 Main Street, Fairfax, 22030  
Presenter: Marshann Snyder

CDA Content Areas: 2, 3, 6, 7, 8 | VA Competency Area: I, II, III, IV, V  
VSQI Standards: 1, 2, 3, 4

### Course 2:

#### Planning Early Learning Environments and Daily Routines

Course: 12 hours

Course Level: Advanced

Examine quality environments and daily routines, while learning how environments and routines contribute to school readiness. Visit a Fairfax County Public School kindergarten classroom and talk with a kindergarten teacher to learn about public school expectations.

**You must have taken Course 1 before you can take this course.**

**Thursdays, November 1, 8, 15, 29; and  
December 6, 13  
7 – 9 p.m.**

**Course #: 1220-02**

Resource Center at Main Street, Room 211  
10201 Main Street, Fairfax, 22030  
Presenter: Marshann Snyder

CDA Content Areas: 1, 2, 3, 5, 8 | VA Competency Area: III, IV, V, VI, VIII  
VSQI Standards: 1, 2, 3, 4



**Earn Six Hours of Training Credit in One Day**

**Finger Plays Are  
Not Enough:  
Let's Get  
Physical!**

**Saturday, December 1  
8:30 a.m.–3:30 p.m.**

Fairfax County Government Center  
12000 Government Center Parkway  
Fairfax, VA 22035

Registration is open to all child care professionals.  
Workshops are in English and Spanish.  
Se ofrecerán talleres tanto en español como en inglés.

**Course # 1453-01**

Register Online at: [www.fairfaxcounty.gov/ofc](http://www.fairfaxcounty.gov/ofc)  
See the full course description on page 13.  
For more information, please call: 703-324-3044



## HEALTH RESOURCES FOR CHILD CARE PROVIDERS

This resource is not a complete list of companies that provide pediatric (infant and child) CPR and first aid training. Providers are encouraged to do their own research in selecting a company for these services. The county is not offering this list as a recommendation or endorsement.

**Kennya Alvarado-Hernandez**  
(English and Spanish)  
alvaradokennya@gmail.com  
571-991-2762

**American Health Services**  
www.americanhealthserve.com  
703-619-1034

**American Lifeguard Association**  
www.americanlifeguard.com  
703-761-6750

**American Red Cross** (English and Spanish)  
www.redcross.org  
703-584-8700

**Berea Health Services** (English and Spanish)  
www.bereahealthservicescpr.webs.com  
703-585-2593

**Capital Emergency Response Training**  
www.gogetcertified.com  
703-987-9565

**CISNE Services** (English and Spanish)  
www.cprcp.com  
703-574-3726

**CPR-N-U**  
classes@CPR-N-U.com  
202-679-5880

**Adult & Community Education**  
Fairfax County Public Schools  
www.fcps.edu/aceclasses  
703-658-1225

**Global Food Safety Training**  
gfstinc@gmail.com  
703-888-3406

**GotCPR**  
www.gotcpr.net  
571-218-0871

**Heart Starts, LLC**  
www.heartstarts.com  
703-261-7098

**Inova**  
www.inovahealthsource.org  
855-694-6682

**KnowCPR, LLC**  
703-528-7045  
www.knowcpr.com

**Safety First CPR & First Aid**  
(English and Spanish)  
www.safety1stcpr.com  
703-209-2216

**Sandhya Parihar**  
(English, Hindi and Urdu)  
sandhya\_parihar29@yahoo.com  
301-919-2685

**The county welcomes your feedback on any of the companies listed above.**

**Note:** When contacting these companies, confirm that you will be issued a CPR/first aid card. Online or video first aid and/or CPR training will not be accepted for permit certification.

Health Department  
telephone numbers to  
call for TB Tests\*:

**Herndon**  
703-481-4242

**Mt. Vernon**  
703-704-5203

**Falls Church**  
703-534-8343

**Springfield**  
703-569-1031

**Fairfax**  
703-246-7100

\*You can also call your own  
doctor for a TB test.

### Medication Administration Training

The county provides this list as a sample of companies that provide PMAT or MAT training. It is not a complete list, and is not offered by the county as a recommendation or endorsement. You are encouraged to do your own research in selecting a company for these services. You can find additional vendors and scheduled trainings offered on TIPS calendar at: <https://www.dss.virginia.gov/family>.

**Christine Carlock, RN**  
ccargo@verizon.net  
www.MATplusmore.com  
703-402-5011

**Grace Cole-Alston, RN**  
NOVAMATTrainer@aol.com  
703-757-0123  
703-969-1277

**Marilyn Trapeni**  
mhtrapeni@aol.com  
703-901-7310

**Kevin Coombs**  
American Health Services  
kevin.americanhealthserve@gmail.com  
www.americanhealthserve.com  
703-619-1034

**Dianne Dean**  
Heart Starts, LLC  
www.heartstarts.com  
training@HeartStarts.com  
703-261-7098

**B. J. Fischer**  
American Lifeguard  
Association  
703-761-6750  
www.americanlifeguard.com  
alalifeguard@aol.com

**Regina Watson, RN**  
daybreakhealth@comcast.net  
703-470-9135



### Serve Nutritious Meals and Earn Cash for Your Child Care Program

By participating in the USDA Child and Adult Care Food Program, you can be reimbursed for some of the cost of providing healthy meals and snacks to the children in your care.

In addition to cash reimbursements, you will also receive:

- Priority registration for special workshops for USDA Child and Adult Care Food Program participants;
- Help in communicating with parents about food-related issues;
- Assistance in planning well-balanced meals and snacks;
- Consultation with nutrition specialists.

Consider how much you can receive from the USDA Child and Adult Care Food Program:

#### Money You Could Claim Monthly

Number of Children in Care	Tier One*	Tier Two*
5	\$446.25	\$214.20
3	\$267.75	\$128.52
1	\$89.25	\$42.84

#### Money You Could Claim Yearly

Number of Children in Care	Tier One*	Tier Two*
5	\$5,355.00	\$2,570.40
3	\$3,213.00	\$1,542.24
1	\$1,071.00	\$514.08

\*For information about eligibility requirements for each tier, call 703-324-8100.

As soon as you have a family child care permit or license and children in care, please call **703-324-8100** to register for a USDA Child and Adult Care Food Program orientation class or to schedule an in-home USDA Child and Adult Care Food Program orientation.

**Note:** The following workshops are designed specifically for family child care providers.

## USDA Child and Adult Care Food Program Orientation

Workshop: 2 hours      Course Level: Providers who are new to the USDA Food Program

Discover how the USDA Food Program will benefit your family child care business. Explore the resources you receive when you participate in the Food Program. Learn how to join the Food Program and the easy way to submit your monthly claims for reimbursement.

**Please note:** After you join the Food Program, your child care specialist will visit you in your home and will provide you with a certificate for two hours of training credit.

**Tuesday, September 4**      **Course #: 1814-01**  
**7 – 9 p.m.**

Mount Vernon Government Center, Community Room 1  
2511 Parkers Lane, Alexandria 22306  
Presenter: Provider Services Staff

CDA Content Area: 5 | VA Competency Area: I, VII | VSQI Standards: 1

**Tuesday, October 2**      **Course #: 1814-02**  
**7 – 9 p.m.**

Pennino Building, Room 1034  
12011 Government Center Parkway, Fairfax 22035  
Presenter: Provider Services Staff

CDA Content Area: 5 | VA Competency Area: I, VII | VSQI Standards: 1

**Tuesday, November 13**      **Course #: 1814-03**  
**7 – 9 p.m.**

South County Center, Room 221 C  
8350 Richmond Highway, Alexandria 22309  
Presenter: Provider Services Staff

CDA Content Area: 5 | VA Competency Area: I, VII | VSQI Standards: 1

**Tuesday, December 4**      **Course #: 1814-04**  
**7 – 9 p.m.**

Pennino Building, Room 1034  
12011 Government Center Parkway, Fairfax 22035  
Presenter: Provider Services Staff

CDA Content Area: 5 | VA Competency Area: I, VII | VSQI Standards: 1

## Child Abuse and Neglect Recognition and Response

Workshop: 2 hours      Course Level: All Levels

Explore the signs of child abuse and neglect. Review and discuss mandatory reporting guidelines.

**Wednesday, September 12**      **Course #: 1800-01**  
**7 – 9 p.m.**

Pennino Building, Room 206 A/B  
12011 Government Center Parkway, Fairfax 22035  
Presenters: Child Protective Services Staff

CDA Content Area: 5 | VA Competency Area: I, VII | VSQI Standards: 1

## Growing Your Child Care Business – The Next Step

Workshop: 3 hours      Course Level: All Levels

Learn winning ways to grow your family child care business, including low cost marketing, interviewing skills and business planning. Discover proven ideas that can take your business to the next level.

**Saturday, September 15**      **Course #: 1806-01**  
**9 a.m. – noon**

Gum Springs Glen, Training Room  
7839 Richmond Highway, Alexandria 22306  
Presenter: Sonja Caison

CDA Content Area: 5 | VA Competency Area: VII | VSQI Standards: 1

## The ABCs of Second Hand Smoke

Workshop: 2 hours      Course Level: All Levels

Did you know there is no safe level of exposure to second hand smoke; that second hand smoke leaves behind dangerous chemical in fabric, in carpet and on the surfaces where children play; that it increases middle ear infections, asthma attacks, respiratory infections, increased risk of SIDS, slows lung growth and causes low birth weight in babies? Learn how to protect yourself and the children in your care.

**Tuesday, September 18**      **Course #: 1837-01**  
**7 – 9 p.m.**

Pennino Building, Room 206 A/B  
12011 Government Center Parkway, Fairfax 22035  
Presenter: Betty Connal

CDA Content Area: 1 | VA Competency Area: I | VSQI Standards: 1



## Course List by Date

### NEW! Power Up with Fruits and Vegetables

Workshop: 3 hours

Course Level: All Levels

Fruits and vegetables are full of vitamins and nutrients and they can provide lots of energy for you! Learn about the health benefits and the recommended daily servings of fruits and vegetables. Discuss smart ways to shop for and store produce to keep it safe and fresh. Best of all, participate in preparing delicious, colorful meals with fruits and veggies your children will love.

**Saturday, September 29**

**Course #: 1808-01**

**9 a.m. – noon**

Pennino Building, Room 206 A/B

12011 Government Center Parkway, Fairfax 22035

Presenter: Kamini Jassal

CDA Content Areas: 1, 2 | VA Competency Area: I | VSQI Standards: 1

### Child Nutrition

Workshop: 2 hours

Course Level: All Levels

Learn about age appropriate nutritional needs, Child Meal Pattern requirements, and physical activity to meet optimal health of children (1-12 years old).

**Wednesday, October 17**

**Course #: 1840-01**

**7 – 9 p.m.**

Pennino Building, Room 206 A/B

12011 Government Center Parkway, Fairfax 22035

Presenters: Kamini Jassal, Abeba Tzeggai

CDA Content Areas: 1, 2 | VA Competency Area: I | VSQI Standards: 1

### Growing Your Child Care Business

Workshop: 2 hours

Course Level: All Levels

Learn ways to run a successful family child care business including effective marketing and record management. This information will be especially helpful for family child care providers who have been in business less than one year.

**Thursday, October 18**

**Course #: 1805-01**

**7 – 9 p.m.**

Pennino Building, Room 1034

12011 Government Center Parkway, Fairfax 22035

Presenter: Sonja Caison

CDA Content Area: 5 | VA Competency Area: VII | VSQI Standards: 1

### NEW! Power Up with Fruits and Vegetables

Workshop: 3 hours

Course Level: All Levels

Fruits and vegetables are full of vitamins and nutrients and they can provide lots of energy for you! Learn about the health benefits and the recommended daily servings of fruits and vegetables. Discuss smart ways to shop for and store produce to keep it safe and fresh. Best of all, participate in preparing delicious, colorful meals with fruits and veggies your children will love.

**Saturday, November 3**

**Course #: 1808-02**

**9 a.m. – noon**

South County Center, Room 221 ABC

8350 Richmond Highway, Alexandria 22309

Presenter: Kamini Jassal

CDA Content Areas: 1, 2 | VA Competency Area: I | VSQI Standards: 1



## Record Keeping Management

Course: 4 hours

Course Level: All Levels

Good record-keeping strategies help your child care business. Learn how to keep accurate records of your income and expenses. Explore ways to create effective record-keeping systems that will help you complete tax and business forms. Attendance at both classes is required to receive training credit.

**Mondays, December 3, 10**

**Course #: 1834-01**

**7 – 9 p.m.**

Pennino Building, Room 734

12011 Government Center Parkway, Fairfax 22035

Presenter: Marilyn Frost

CDA Content Area: 5 | VA Competency Area: VII

VSQI Standards: 1

## Emergency Preparedness

Workshop: 2 hours

Course Level: All Levels

Learn how to enhance the emergency response plan you use to protect children in your care. Discuss communication and evacuation plans, as well as supplies for first aid and sheltering in place.

**Wednesday, December 12**

**Course #: 1803-01**

**7 – 9 p.m.**

Pennino Building, Room 206 A/B

12011 Government Center Parkway, Fairfax 22035

Presenter: Marcelo Ferreiro

CDA Content Area: 5 | VA Competency Area: I, VII

VSQI Standards: 1

## SIDS and Shaken Baby Syndrome

Workshop: 2 hours

Course Level: All Levels

Learn ways to prevent Sudden Infant Death Syndrome (SIDS). Discover techniques to help calm irritable infants and the dangers of Shaken Baby Syndrome.

**Thursday, December 6**

**Course #: 1833-01**

**7 – 9 p.m.**

Pennino Building, Room 206 A/B

12011 Government Center Parkway, Fairfax 22035

Presenter: Betty Connal

CDA Content Area: 1 | VA Competency Area: I

VSQI Standards: 1

## Look for New Nutrition Courses Each Session!

— Learn to build a better plate

## Power Up with Fruits and Vegetables

- Learn about the health benefits of fruits and vegetables.
- Discuss smart ways to shop for and store produce to keep it safe and fresh.
- Prepare delicious, colorful meals with fruits and vegetables your children will love.

**Saturday, September 29 • 9 a.m. - noon**

Course #: 1808-01

See the full course description on page 22 for more information.

**New  
this  
Session**

# HOW TO REGISTER ONLINE

Registration Begins Wednesday, August 8, 2012

The screenshot shows the Fairfax County Office for Children website in a Windows Internet Explorer browser. The address bar shows <http://www.fairfaxcounty.gov/ofc/>, which is circled in red. The website has a header with the Fairfax County Virginia logo and a navigation bar with links: Home, Living Here, Doing Business, Visiting, and Departments & Agencies. A search bar is also present. On the left, there is an 'Index' menu with various links; 'Permits & Regulations' and 'Register for Training' are circled in red. The main content area is titled 'Child Care Central' and 'Office for Children'. A red box highlights two steps: 1. Type in the Web address: [www.fairfaxcounty.gov/ofc](http://www.fairfaxcounty.gov/ofc/) and 2. Click on the words "Register for Training" in the left-hand column. Below this, there is a 'FAMILIES' section with a list of services. A small photo of a child is visible on the right side of the page.

Child Care Central - Fairfax County, Virginia - Windows Internet Explorer

<http://www.fairfaxcounty.gov/ofc/>

Child Care Central - Fairfax County, Virginia

Fairfax County VIRGINIA

Home Living Here Doing Business Visiting Departments & Agencies

Search Site:  Go Advanced Sea

Index

- Contacts/Directions
- About the Office for Children
- Catalog -- Institute for Early Learning
- Child Care Assistance & Referral
- ... Apply for Benefits
- Dept. of Family Services
- Employees' Child Care Center
- Fairfax Futures
- Head Start
- News
- Permits & Regulations
- Register for Training
- SACC -- School Age Child Care
- School Readiness
- Training
- USDA Food Program
- VPI -- Virginia Preschool Initiative

Online Services

homepage > ofc

Child Care Central

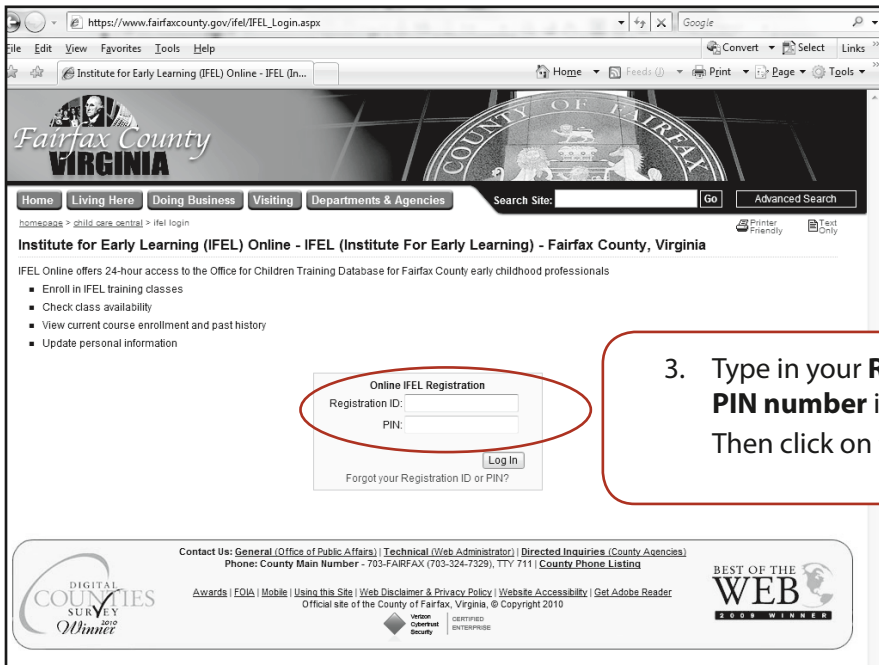
O F C Office for Children

1. Type in the Web address:  
[www.fairfaxcounty.gov/ofc](http://www.fairfaxcounty.gov/ofc/)
2. Click on the words "Register for Training" in the left-hand column.

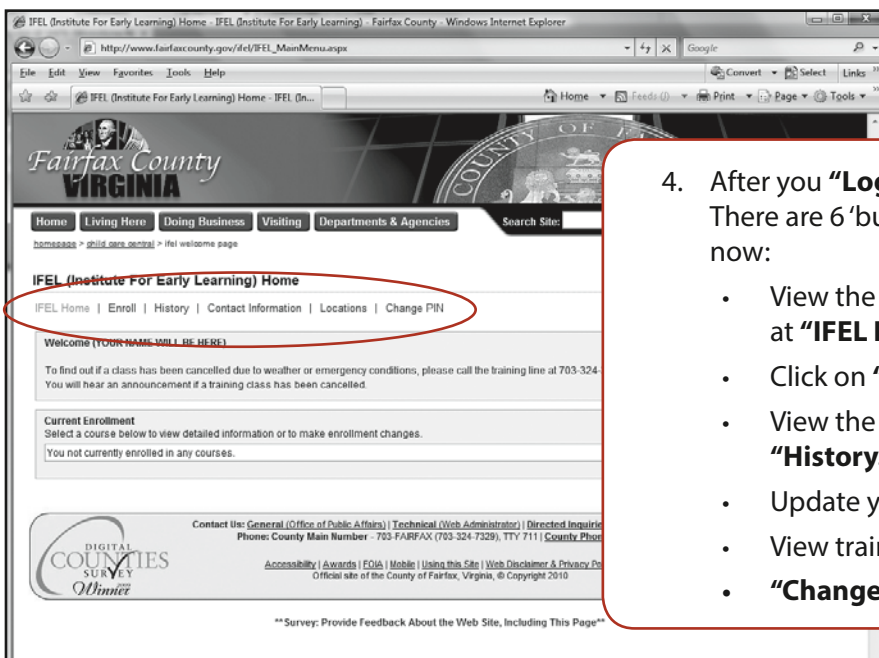
FAMILIES

- Choose a child care provider with a permit.
- Learn current child care rates.
- Learn the signs of quality child care.
- Find afterschool care for middle-school students.
- Learn tips for keeping children safe during emergencies.
- Support child care at the workplace.
- Get assistance with paying for child care.
- Explore child care options.
- Make sure your child care provider gives your child healthy food.
- Maintain your child care arrangements.
- Start a family child care business or a child care center.





3. Type in your **Registration ID number** and **PIN number** in the appropriate boxes. Then click on **“Log In.”**



4. After you **“Log In,”** this Web page will appear. There are 6 ‘buttons’ you can click on. You can now:
  - View the classes for which you are enrolled at **“IFEL Home.”**
  - Click on **“Enroll”** to view classes and enroll.
  - View the last 3 years of your training **“History.”**
  - Update your **“Contact Information.”**
  - View training **“Locations”** with directions.
  - **“Change PIN”** number.

If you cannot remember your numbers, click on **“Forgot your registration information?”** and enter the email address you have on file with the Institute for Early Learning. Your ID and PIN will be sent to you via email. If you do not have an ID or PIN, please call **703-324-3044**.

### How to REGISTER BY MAIL, FAX OR IN PERSON

Registration Begins Wednesday, August 8, 2012.

Registration forms will be processed beginning August 8, 2012.  
Forms received prior to that date cannot be processed.

**Registration  
Begins Wednesday,  
August 8, 2012**

### Mail or Fax

Fill out and mail or fax the registration form on page 27 to:

**Office for Children - Institute for Early Learning**  
12011 Government Center Parkway, Suite 920  
Fairfax, VA 22035  
Fax number: 703-803-0116

Confirmation letters will be emailed to participants who have an email address on file with the Institute for Early Learning. Confirmation letters will be mailed to participants who do not have email. If you haven't received confirmation of your course or workshop, please call **703-324-3044** or email us at: [dfsifel@fairfaxcounty.gov](mailto:dfsifel@fairfaxcounty.gov).

### In Person

Drop off in person on or after Wednesday, August 8, 2012. Bring a copy of your completed registration form to our office:

**Pennino Building, Suite 920**  
12011 Government Center Parkway  
Fairfax, VA 22035

Office hours are Monday – Friday, 8 a.m. – 4:30 p.m.

### Phone

Please call **703-324-4018** if you would like to use our automated registration system. It uses a recorded voice to guide you through the registration process (staff are not available to register you by phone).

- Before you call, make a list of the course numbers of the classes you want to attend.
- Have your personal registration ID number and PIN number available. Please call 703-324-3044 if you do not know your personal registration ID number or your PIN number.
- Call **703-324-4018** and listen to the instructions carefully.
- Press 2 and follow the instructions to enroll in training. Write down your classes and enrollment status before you hang up.

**PLEASE NOTE:** If we have your email address, you will receive an email stating that you are enrolled in the class you selected, or that you are on the waitlist. You will not receive a confirmation letter by mail. However, you can always call the automated phone system again to hear your enrollment or waitlist status.

## Registration Request Form

Registration Begins Wednesday, August 8, 2012.

Registration forms will be processed beginning August 8, 2012.  
Forms received prior to that date cannot be processed.

- To enroll, you must be working in a legally operating child care center, preschool or family child care home in Fairfax County, or be an early childhood professional living in Fairfax County.
- This registration form must be filled out completely in order for your registration to be processed.
- Please include your Registration ID#. For more registration information, see pages 24-26. If you do not have a registration ID#, please call **703-324-3044** for more information.

**Please clearly print your full name and current home address.**

☐ Check if name, address or phone number are new. Registration ID \_\_\_\_\_

First Name \_\_\_\_\_ Last Name \_\_\_\_\_

Home Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ Cell \_\_\_\_\_ Work \_\_\_\_\_

Email \_\_\_\_\_ **Confirmation letters are now sent to your email address.**

### Check one

- ☐ Center Director/Administrator  
Name of Center or School \_\_\_\_\_
- ☐ Child Care Center/ Preschool Staff  
Name of Center or School \_\_\_\_\_
- ☐ Family Child Care Provider
- ☐ Other \_\_\_\_\_

### Courses

- You may register for two IFEL courses/workshops. If you list more than two choices, please list them in order of your preference as you will only be considered for two courses/workshops.
- If you are a family child care provider, you may also register for two Family Child Care Business Workshops (pages 21-23).

Course #	Course Title	Start Date	Course Hours	For OFC Use Only Enrolled Waitlist	
		/ /			
		/ /			
		/ /			
		/ /			
		/ /			

**Please mail, fax or deliver this registration form to:**

Office for Children, 12011 Government Center Parkway, Pennino Building, Suite 920, Fairfax, VA 22035

**Fax:** 703-803-0116 **Telephone:** 703-324-3044 (for information only, **not** for registration)

**Email:** [dfsifel@fairfaxcounty.gov](mailto:dfsifel@fairfaxcounty.gov)



## Directions to Selected Training Sites

### Resource Center at Main Street

The Resource Center at Main Street is located at 10201 Main Street, Fairfax, 22030 in the same building as World Gym, next to the Fairfax Museum and Visitor's Center, and across the street from the Main Street Market Place shopping center.

From the Beltway (I-495), take Little River Turnpike (Route 236) west approximately four miles. Turn left onto Locust Street. Turn right into parking lot either in front of or behind the building.

From Route 66, take Route 123 south toward Fairfax. Turn left onto North Street. Turn right onto Old Lee Highway. Turn left onto Main Street. Turn right onto Locust Street. Turn right into the the parking lot in front of or behind the building.

For information on how to reach this location using public transportation, visit [www.fairfaxconnector.com](http://www.fairfaxconnector.com) 703-339-7200; TTY 703-339-1608 or [www.wmata.com](http://www.wmata.com) 202-637-7000; TTY 202-638-3780.

### Gum Springs Glen

Gum Springs Glen is located at 7839 Richmond Highway, Alexandria, 22306 across from Mount Vernon Crossroads Shopping Center.

This is a senior citizen apartment complex. Park in VISITOR SPACES ONLY.

From the beltway (I-495), exit 177A onto Richmond Highway (US 1) South. Turn left onto Belford Drive across from Home Goods. Make an immediate left and drive to the back of the building. The entrance for the Office for Children training room is only accessible from the rear parking lot.

From the Fairfax County Parkway and southern Fairfax County, drive north on Richmond Highway (US 1). Turn right onto Belford Drive across from Home Goods. Make an immediate left and drive to the back of the building. **The entrance for the Office for Children training room is only accessible from the rear parking lot.**

For information on how to reach this location using public transportation, visit [www.fairfaxconnector.com](http://www.fairfaxconnector.com) 703-339-7200; TTY 703-339-1608 or [www.wmata.com](http://www.wmata.com) 202-637-7000; TTY 202-638-3780.

### South County Center

The South County Center is located at 8350 Richmond Highway, Alexandria, 22309 across from NAPA Auto Parts. The parking lot and main entrance to the South County Center are located behind the building.

From the Beltway (I-495), exit 177A onto Richmond Highway (US 1) South. Drive approximately five miles. Turn right at Mohawk Lane into the parking lot.

From Fairfax County Parkway–Route 286 (old Route 7100), take the Rolling Road exit (becomes Pohick Rd). Drive 4 miles and turn left onto Richmond Highway (US 1). Drive 5.5 miles and turn left at Mohawk Lane into the parking lot.

For information on how to reach this location using public transportation, visit [www.fairfaxconnector.com](http://www.fairfaxconnector.com) 703-339-7200; TTY 703-339-1608 or [www.wmata.com](http://www.wmata.com) 202-637-7000; TTY 202-638-3780.

### Pennino Building

The Pennino Building is located at 12011 Government Center Parkway, Fairfax, 22035, near Fair Oaks Mall and directly across from the Fairfax County Government Center.

From the beltway (I-495), take Route 66 West. Exit Route 66 onto Route 50 West. Exit Route 50 onto West Ox Road (Route 608) South. Turn left at the traffic light onto Monument Drive (east). Turn right onto Government Center Parkway. Turn right onto Post Forest Road and then turn right into the parking lot for Pennino Building. Park in the visitor parking spaces.

From the Fairfax County Parkway Northbound–Route 286 (old Route 7100), turn right at the light onto Fair Lakes Parkway (east). Turn right at the light onto Monument Drive (east). Turn right onto Government Center Parkway. Turn right onto Post Forest Road and then turn right into parking lot for Pennino Building.

From the Fairfax County Parkway Southbound–Route 286 (old Route 7100), turn left at the light onto Fair Lakes Parkway (east). Turn right at the light onto Monument Drive (east). Turn right onto Government Center Parkway. Turn right onto Post Forest Road and then turn right into parking lot for Pennino Building.

For information on how to reach this location using public transportation, visit [www.fairfaxconnector.com](http://www.fairfaxconnector.com) 703-339-7200; TTY 703-339-1608 or [www.wmata.com](http://www.wmata.com) 202-637-7000; TTY 202-638-3780.

# Fairfax County Early Learning Guidelines

## **Social & Emotional Development**

Self-Concept  
Self-Control  
Cooperation  
Social Relations  
Knowledge of Families and Communities

## **Approaches to Learning**

Initiative and Curiosity  
Engagement and Persistence  
Reasoning and Problem Solving

## **Language**

Listening and Understanding  
Speaking and Communicating

## **Literacy**

Phonological Awareness  
Book Knowledge and Appreciation  
Print Awareness and Concepts  
Early Writing  
Alphabet Knowledge

## **Mathematics**

Number and Operations  
Geometry and Spatial Sense  
Patterns and Measurement

## **Science**

Scientific Skills and Methods  
Scientific Knowledge

## **Creative Arts**

Music  
Art  
Movement  
Dramatic Play

## **Health and Physical Development**

Gross Motor Skills  
Fine Motor Skills  
Health Status and Practices

Office for Children  
Fairfax County Dept. of Family Services  
12011 Government Center Parkway, Suite 920  
Fairfax, Virginia 22035-1102

Postmaster:

**TIME SENSITIVE MATERIALS**

Please deliver by August 1, 2012.

A photograph of a woman and a young girl in a pumpkin patch. The woman, on the left, is smiling broadly and looking at a large pumpkin. The girl, on the right, is also looking at the pumpkin. The background is filled with other pumpkins, creating a warm, autumnal scene.

**See Page 18 for an Opportunity  
to Earn Six Hours of Training  
Credit in One Day.**

**IMPORTANT:** Registration forms will be processed beginning August 8, 2012.